



July 26, 2010 – Grand Rapids, MI

Seatbelt Extender

Have you ever been on an airplane when they've run out of seatbelt extenders for passengers? I have, and it's not pretty. Well, thanks to an ad my friend and computer guru John sent me, we now have a seatbelt extender that can be used in cars. It comes in either eight- or ten-inch sizes.

There are times when I'm just about speechless, and this was one of them. Seriously, next time you fasten your seatbelt, pull it out all the way and then imagine how you'd feel if that wasn't big enough. And this product is just more of the trend to bigger and bigger, folks. There are already catalogs of products for XXL and above—clothes, patio furniture, and other areas where bigger and sturdier is important to handle our amazing girth.

Like I said in the *30 Pound Club Message* yesterday, it doesn't have to be this way. We can continue to develop products such as the double-wide wheelchair and the double-wide coffin to accommodate our size, or we can take charge of our lives and weigh less. I didn't say be thin. I didn't even say we still wouldn't be overweight. But we don't have to be as big as we are. It all depends on one thing:

What are prepared to do today?

Dr. Chet

WGVU FM 88.5/95.3 **npr** *Straight Talk on Health*

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